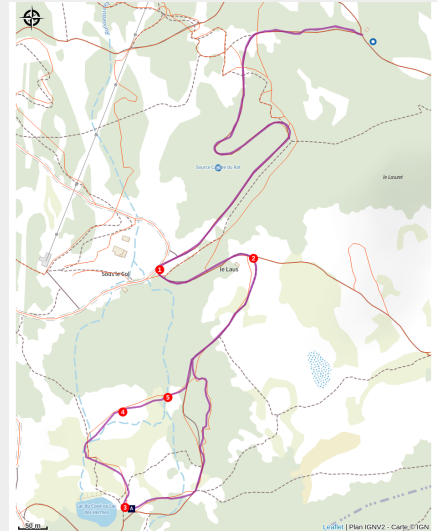


Route No. 8: Lac des Hermes loop

Parc national des Ecrins



Cabane du Laus (Pierre Nossereau)



Click [here](#) to consult the ski area conditions.

**3.7km loop from the Nordic Chalet -
approx. 190m ascent**

**This itinerary takes you all the way to Lac
des Hermes, where the atmosphere is
utterly peaceful.**

Markings: blue or purple flags and black "
piétons/raquettes" signs on a yellow
background.

Description:

From the Nordic chalet, take the shared route
up to the Prés chairlift, opposite the chalet.

1. When you reach the Étoile des Neiges
high-altitude restaurant, turn left towards
Le Lauzet.
2. After the cabane du Laus, at the entrance
to the plateau, turn right and follow the
shared ski touring path up to Lac des
Hermes.
3. Opposite Lac des Hermes, turn right
before the picnic tables and follow the
signs to the clearing below.
4. Cross the clearing and exit to the east.

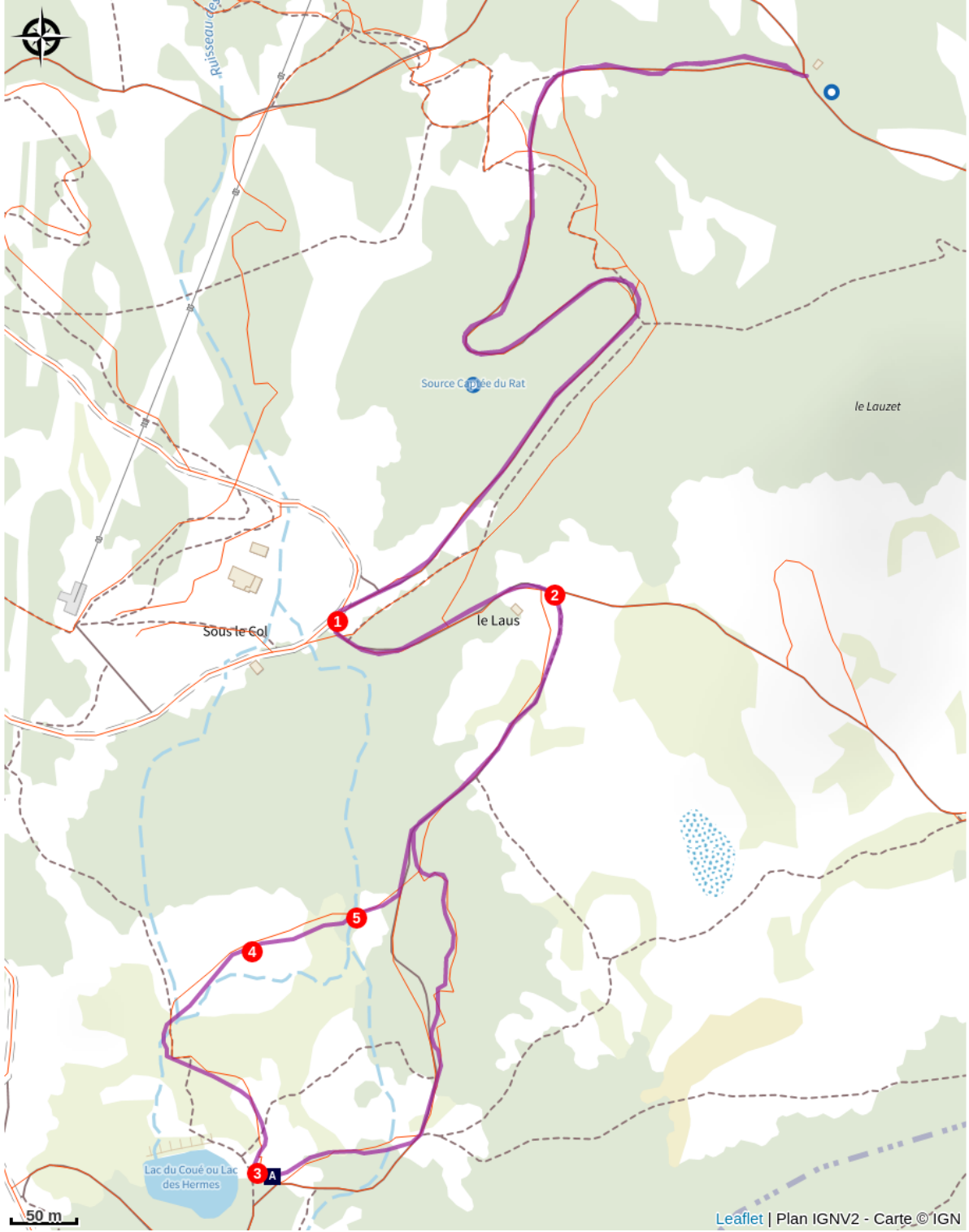
Useful information

Practice : Snowshoe

Duration : 1 h 30

Quoting : R2

Geographical location



 Tournoux (A)

 The clouded Apollo (C)

 Le Laus (B)

 Reading the landscape (D)

All useful information

Advice

Prices for activities other than cross-country skiing in the Nordic area are available [here](#) and on sale at the lift ticket offices and at the Puy Saint Vincent Nordic Chalet.

A few rules:

- You use these routes at your own risk. Find out about the weather conditions and avalanche risks published by Météo France. Also, don't hesitate to ask at tourist information offices or the Nordic chalet before you set off.
- For avalanche-prone trails, we strongly advise you to take your avalanche transceiver, shovel and probe with you.
- Night-time activities on Nordic areas are prohibited. It must be supervised by a professional and must be authorized by the ski slopes service.
- Several itineraries are shared with cross-country skiers and ski tourers: give them priority, always walk along the edge of the piste and be vigilant when crossing these shared paths.
- Many routes cross downhill ski slopes; be vigilant and give skiers the right of way.
- Don't walk in the cross-country ski tracks, straddle them.
- Respect the signposting: dangers, prohibitions, trail directions, among other things.
- Don't overestimate your abilities!
- Dogs are tolerated, on a leash, off the cross-country ski trails (dogs prohibited on the Lauzet itinerary of the Puy-Saint-Vincent ski area, reserved for approved sled dog teams).
- Take your garbage with you!

Please note: This information is given for guidance only. It is your responsibility to check the weather forecast before setting off and not to overestimate your possibilities. The Tourist Office and the PNE cannot be held responsible in the event of an accident. In case of doubt, contact professionals: instructors or equipment hire companies.

Emergency contact details: Secours Montagne: 04 92 22 22 22 or 112



Make sure you have the necessary equipment:

Water and snacks

Warm clothing (avoid jeans)

High boots (hiking, rigid snow boots)

Walking poles

Sun screen

Sunglasses

Hat/cap

Small first-aid kit

On your path...



Tournoux (A)

The Tournoux plateau is a small paradise with its cool meadows, its occasional renovated chalets made from stone and larch wood and its view over the Tête d'Aval, an imposing limestone peak forming part of the Montbrison massif. Whether on a mountain bike, on foot or on cross-country skis in the winter, this spot is always an invitation to stop for a break!

Attribution : Jan Novak



Le Laus (B)

A number of old alpine pasture chalets or hamlets, often renovated, are dotted across the Puy-Saint-Vincent resort. These are the Chalets du Laus. Le Laus is a place name designating a lake. In fact, just after the chalets, although not a lake, there is a flat, marshy area which is no doubt a small filled-in lake. So no point in bringing your pedalo!

Attribution : Marie-Geneviève Nicolas - Parc national des Écrins



The clouded Apollo (C)

White, almost translucent in places, with just a few black spots, this butterfly is a cousin of the better-known mountain Apollo. It lives in clearings in open woods where the plant on which the female lays her eggs grows, and on which its caterpillars feed: the corydalis. It is a mountain butterfly.

Attribution : Gourreau Jean-Marie - Parc national des Écrins



Reading the landscape (D)

The Vallouise valley is a tributary valley on the right-hand bank of the Durance. It is made up of three municipalities: Vallouise-Pelvoux, Les Vigneaux and, looking down from the heights, Puy-Saint-Vincent. This 25 km-long valley is dominated by numerous peaks, ranging in altitude from 980 metres, at the confluence of the Durance, to the peak of the Barre des Écrins at 4,102 metres (the highest point in the Les Écrins massif) and covers 18,541 hectares. Lying at the centre of the crystalline massif, the Vallouise valley is the gateway to the Parc National des Écrins and boasts exceptional and varied landscapes and a diverse wealth of fauna and flora.

Attribution : Office de tourisme du Pays des Écrins